

# FREE WORKSHOP

## Living Well *with chronic disease*



Six-week workshop for people with chronic health concerns including:

- Heart Disease
- Asthma
- Arthritis
- Diabetes

Group meets for 2 1/2 hours once a week for 6 weeks to discuss:

- Managing symptoms
- Medication "how-to"
- Working with your healthcare team
- Setting weekly goals
- Effective problem-solving
- How to relax & handle difficult emotions
- Tips for eating well

For information contact:

Judith McCracken, R.N., (801) 587-6658



University Health Care